

## R430-70-20. ACTIVITIES.

- (1) The provider shall post a daily schedule of activities. The daily schedule shall include, at a minimum, meal, snack, and outdoor play times.

### Rationale / Explanation

*All child care facilities need a written description of the planned daily activities so staff and parents have a common understanding of the services and activities being provided to children. CFOC, pg. 47 Standard 2.001*

*The posted daily schedule also allows licensors to verify that meals and snacks are served at minimal required intervals, and that outdoor play is offered daily if children are in care for four or more hours, weather permitting.*

### Enforcement

*A program could have a combined daily schedule (required in this rule) and activity plan [required in (3) below], if it includes both the times of day activities occur, and the specific activities offered to children.*

*If the program posts all of the daily schedules together in one place, such as on a parent bulletin board at the front of the facility, rather than in the individual classrooms, the program will be considered in compliance with this rule.*

*If there is a daily schedule posted for the rooms where it is required, and this schedule is available for those rooms where it is not posted, the program will be considered in compliance with (1).*

*Always Level 3 Noncompliance.*

- (2) On days when children are in care for four or more hours, daily activities shall include outdoor play if weather permits.

### Rationale / Explanation

*Outdoor play is not only an opportunity for learning in a different environment. It also provides many health benefits. Generally, infectious disease organisms are less concentrated in outdoor air than in indoor air. Light exposure of the skin to sunlight promotes the production of vitamin D that growing children require. Open spaces in outdoor areas encourage children to develop gross motor skills and fine motor play in ways that are difficult to duplicate indoors. CFOC, pgs. 51-52 Standard 2.009*

### Enforcement

*On days when air quality is rated poor/red due to a winter inversion, children are not required to have outdoor play time.*

*For information about air quality visit :*

- [ksl.com](http://ksl.com)
- <http://www.airquality.utah.gov>
- [www.cleanair.utah.com](http://www.cleanair.utah.com)

*Always Level 3 Noncompliance.*

- (3) The provider shall offer activities to support each child's healthy physical, social-emotional, and cognitive-language development. The provider shall post a current activity plan for parent review

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listing these activities.

### Rationale / Explanation

*The purpose of this rule is to ensure that providers have and carry out a plan for supporting children's healthy development, and they communicate this plan to parents. Reviews of children's performance after attending out-of-home child care indicate that children attending facilities with a well-developed plan of activities achieve appropriate levels of development. CFOC, pg. 47 Standard 2.001; pgs. 54-58 Standards 2.014–2.026*

*Research in early brain development has demonstrated the importance of offering children repeated and varied activities in the first ten years of life. A stimulating environment that engages children in a variety of activities can improve the quality of their brain functioning. Scientists have learned that different regions of the cortex increase in size when they are exposed to stimulating conditions, and the longer the exposure, the more they grow. Children who do not receive appropriate nurturing or stimulation during developmental prime times are at heightened risk for developmental delays and impairments. Rethinking the Brain, by Rima Shore; Ten Things Every Child Needs for the Best Start in Life, the Robert T. McCormick Tribune Foundation; How a Child's Brain Develops and What it Means for Child Care and Welfare Reform, Time, February 3, 1997.*

### Enforcement

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*If there is a daily schedule posted for the rooms where it is required, and this schedule is available for those rooms where it is not posted, the program will be considered in compliance with (3).*

*The specific activities or kinds of activities a program offers to support children's healthy development are to be determined solely by the licensee, as Utah law prohibits the Department of Health from regulating the educational curricula, academic methods, or educational philosophy or approach of the provider. Licensors may not evaluate the content of a program's activity plans.*

*Always Level 2 Noncompliance.*

- (4) The provider shall make the toys and equipment needed to carry out the activity plan accessible to children.**

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*Always Level 2 Noncompliance.*

### **(5) If off-site activities are offered:**

- (a) the provider shall obtain written parental consent for each activity in advance;**

### **Rationale / Explanation**

*An off-site activity means any activity in which children leave the program premises. This includes walking field trips. The purpose of this rule is to protect both children and providers by ensuring that children are never taken off-site without written parental permission. CFOC, pgs. 362-363 Standard 8.049*

*Examples of possible harm when this happens include a child who has a health care need that is not met because their parent didn't know they were being taken on an off-site activity. (For example, if a child with an ear infection is taken swimming.)*

### **Enforcement**

*Off-site activities are activities in which one or more children and caregivers leave the facility property to engage in an activity. Children and caregivers may walk to and from the activity, or use transportation. If transportation is used, there must be compliance with the transportation rules found in R430-70-21.*

*This rule means that parents must be informed of the days and times when children will be taken on off-site activities. If providers have a regularly repeating off-site activity, they may get permission once for all instances of that activity, provided the permission informs the parents of both the day and time when the activity will occur. For example, a provider may get blanket permission to take the children on a neighborhood walk every Tuesday morning at 10 am, or to take the children to swimming lessons every Wednesday afternoon at 4 pm.*

*Prior written parental permission is not needed for spontaneous walking field trips when the children are away from the facility for no more than 60 minutes and are within ½ mile of the facility, if a notice is posted that includes when the children left the facility, the time children will return to the facility, the final destination of the trip, and the route to and from that location.*

*Always Level 3 Noncompliance.*

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- (5) If off-site activities are offered:
- (b) caregivers shall take written emergency information and releases with them for each child in the group, which shall include:
    - (i) the child's name;
    - (ii) the parent's name and phone number;
    - (iii) the name and phone number of a person to notify in the event of an emergency if the parent cannot be contacted;
    - (iv) the names of people authorized by the parents to pick up the child; and
    - (v) current emergency medical treatment and emergency medical transportation releases;

### Rationale / Explanation

*Injuries are more likely to occur when a child's surrounding or routine changes. Activities outside of the regular facility may pose increased risk for injury. When children are excited or busy playing in unfamiliar areas, they are more likely to forget safety rules. Emergency information is the key to obtaining needed care in emergency situations. Both caregivers and emergency personnel must have access to this information in an emergency. CFOC, pgs. 60-61 Standard 2.029; pgs. 359-360 Standard 8.047*

### Enforcement

*Level 1 Noncompliance: If a lack of this information results in an emergency situation in which caregivers did not have needed information.*

*Level 3 Noncompliance otherwise.*

- (5) If off-site activities are offered:
- (c) the provider shall maintain required caregiver to child ratios and direct supervision during the activity;

### Rationale / Explanation

*Supervision of children is basic to the prevention of harm. Parents have an expectation that their children will be supervised when in the care of the provider. To be available for supervision as well as rescue in an emergency, a caregiver must be able to hear the children. Staff should regularly assess the environment to see how their ability to hear children during activities might be improved. Many instances have been reported in which a child was hidden when the group was moving to another location, or a child wandered off when a door was open. Regular counting of children can alert the staff to a missing child. CFOC, pgs. 58-59 Standard 2.028*

*Injuries are more likely to occur during off-site activities when a child's surrounding or routine changes. Activities outside of the regular facility may pose increased risk for injury. When children are excited or busy playing in unfamiliar areas, they are more likely to forget safety measures unless they are closely supervised at all times. CFOC, pgs. 60-61 Standard 2.029*

*For a full rationale/explanation of the required caregiver to child ratios, see R430-70-11(4) above.*

### Enforcement

*Supervision:*

*Always Level 1 Noncompliance.*

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Ratios:

Noncompliance levels for ratios are the same as those specified in Section 11 for rules R430-70-11(4) and (6).

(5) If off-site activities are offered:

- (d) at least one caregiver present shall have a current Red Cross, American Heart Association, or equivalent first aid and infant and child CPR certification;

### Rationale / Explanation

To ensure the health and safety of children in a child care setting, including during off-site activities, someone who is qualified to respond to common life-threatening emergencies must be present at all times. The presence of such a qualified person can mitigate the consequences of injury and reduce the potential for death from life-threatening conditions. Having these emergency skills, and the confidence to use them, are critically important to the outcome of an emergency situation. CFOC, pgs. 21-22 Standard 1.026; pgs. 60-61 Standard 2.029

### Enforcement

If a provider indicates they **do not have** someone on all off-site activities with the required first aid and/or CPR certification cite this rule. If the provider indicates they **do have** these records for the required individuals, but **cannot find them** during an on-site visit, cite R430-70-9(4)(g)(viii) **only** as being out of compliance. If the provider still does not have the required record(s) on the follow-up visit, cite this rule.

Level 2 Noncompliance: If there is a life-threatening emergency and there is not a certified person, and the group does not have a phone with them to call 911.

Level 3 Noncompliance otherwise.

(5) If off-site activities are offered:

- (e) caregivers shall take a first aid kit with them;

### Rationale / Explanation

The purpose of this rule is to ensure programs have the supplies needed to respond to minor injuries of children, while also ensuring that children are not injured by having access to harmful items in the kit. CFOC, pg. 226 Standard 5.093

### Enforcement

Always Level 3 Noncompliance.

(5) If off-site activities are offered:

- (f) children shall wear or carry with them the name and phone number of the program, but children's names shall not be used on name tags, t-shirts, or other identifiers; and

### Rationale / Explanation

The purpose of this rule is so that the program can be contacted if a child becomes lost while on a field trip and the group cannot be found at the field trip site. The purpose of not using children's names on identifiers is so that

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*strangers cannot call a child by his or her name. Children may be more likely to respond to a stranger who approaches them if the stranger calls the child by their name.*

### **Enforcement**

*Level 1 Noncompliance: If a child becomes lost and does not have the program's name and phone number, or if a child is abducted and their name was used on their identifier.*

*Level 3 Noncompliance otherwise.*

### **(5) If off-site activities are offered:**

- (g) caregivers shall provide a way for children to wash their hands as specified in R430-70-16(2). If there is no source of running water, caregivers and children may clean their hands with wet wipes and hand sanitizer.**

### **Rationale / Explanation**

*Handwashing is the most important way to reduce the spread of infection. Many studies have shown that unwashed or improperly washed hands are the primary carriers of infection. Deficiencies in handwashing have contributed to many outbreaks of diarrhea among children and caregivers in child care facilities. In facilities that have implemented a handwashing training program, the incidents of diarrheal illness has decreased by 50%. One study also found that handwashing helped to reduce colds when frequent proper handwashing practices were incorporated into a child care center's curriculum. CFOC, pgs. 97-98 Standard 3.020; pg. 100 Standard 3.024*

*Washing hands after eating is especially important for children who eat with their hands, to decrease the amount of saliva (which may contain organisms) on their hands. Animals, including pets, are a source of infection for people, and people may be a source of infection for animals. CFOC, pgs. 97-98 Standard 3.020*

*For more information on handwashing, see R430-70-16(2) above.*

### **Enforcement**

*Level 2 Noncompliance: If handwashing does not take place after a caregiver or child uses the toilet.*

*Level 3 Noncompliance otherwise.*

### **(6) If swimming activities are offered, caregivers shall remain with the children during the activity, and lifeguards and pool personnel shall not count toward the caregiver to child ratio.**

### **Rationale / Explanation**

*Constant vigilant supervision of children near any body of water is essential. Each year approximately 1,500 children under age 20 drown, many in swimming pools. The Consumer Product Safety Commission found that pool submersions involving children happen quickly. Additionally, 77% of the victims had been missing from sight for five minutes or less, and splashing often did not occur to alert anyone that the child was in trouble. Careful supervision is also needed to ensure that children do not engage in dangerous behavior around swimming pools. CFOC, pgs. 112-114 Standards 3.045, 3.046*

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<b><u>Enforcement</u></b>  <i>Always Level 2 Noncompliance.</i>